

What is claimed is:

1. A hockey stick blade comprising:

a face,

a lower portion, and

an upper portion having a longitudinal axis and comprising a defined region of reduced longitudinal bending stiffness in a direction generally perpendicular to the face of the blade when measured relative to regions in the upper portion that border either side of the defined region along the longitudinal axis.

2. A hockey stick comprising:

a shaft and

a blade adapted to being joined to the shaft comprising a face, a lower portion, a heel and an upper portion having a longitudinal axis generally extending from the heel toward the shaft, the upper portion being comprised of a defined region of reduced longitudinal bending stiffness in a direction generally perpendicular to the face of the blade when measured relative to regions in the upper portion of the blade that border either side of the defined region along the longitudinal axis.

3. A hockey stick blade comprising:

a face,

a lower portion, and

an upper portion having a longitudinal axis and comprising a defined region having a reduced width dimension in a direction generally perpendicular to the face of the blade when

measured relative to regions in the upper portion that border either side of the defined region along the longitudinal axis.

4. A hockey stick comprising:

a shaft and

a blade adapted to being joined to the shaft comprising a face, a lower portion, a heel and an upper portion having a longitudinal axis generally extending from the heel toward the shaft, the upper portion being comprised of a defined region having a reduced width dimension in a direction generally perpendicular to the face of the blade when measured relative to regions in the upper portion of the blade that border either side of the defined region along the longitudinal axis.